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Answers to Frequently Asked Questions

Self-Realization Fellowship
FOUNDED 1920
Paramahansa Yogananda

Dear Friend,

We are happy to have you as a student of Self-Realization Fellowship and pray that your study and practice of Paramahansa Yogananda's teachings will bring you the spiritual fulfillment your soul is seeking. Over the years we have found that many of the same questions arise when students begin to study and apply in their lives the *Self-Realization Fellowship Lessons*. In the following pages, we are glad to offer general answers to the questions that come up most frequently. You may wish to review this booklet from time to time for guidance and encouragement in your study.

Our prayers are always with you as you continue on your soul's journey to God. Through your devoted spiritual efforts, may you realize this truth expressed by Paramahansa Yogananda:

"True and lasting happiness is found in God. When you discover Him, a great joy will come over you, a joy you will find nowhere else."

In divine friendship,

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Q: *Can I realize the spiritual goals described in the Self-Realization Fellowship teachings even though my responsibilities in the world — to family, work, and so forth — take up most of my time?*

Seekers from all walks of life have realized the highest spiritual goals by putting into practice the methods and ideals taught in the *SRF Lessons*. Paramahansa Yogananda well understood the challenges of those who have numerous and time-consuming responsibilities, and he taught a path of balanced living that combines meditation and right activity. You will find that his teachings are wonderfully practical and give guidance on many topics relevant to your daily pursuits, including family and work responsibilities. Most of all, they teach how you can bring God — and the all-fulfilling joyous contact with Him — into *all* your activities.

As you learn the techniques taught by Paramahansa Yogananda, you will find it helpful to establish a schedule, setting aside a certain amount of time each day for practicing these spiritual methods, especially the Energization Exercises and the *Hong-Sau* and *Aum* Techniques. It is not only the length of time, but the sincerity and depth of effort with which you practice that will bring a sense of inner connection with God. Wholeheartedly give what time you can to meditation. You will find that the peace and calmness you experience will bring an increasing awareness of God's presence. And the scientific SRF techniques of yoga will also enhance your concentration and mental abilities, helping you to carry out your duties efficiently and with a greater sense of joy. When we attune ourselves with God by meditation, we tap the Infinite Source for the wisdom and creative inspiration we need for truly happy and successful living.

Q: *How long does it take to attain realization of God, or the higher spiritual states?*

The steps on the ladder of divine illumination are definite, but the time it takes to experience a particular state is not predetermined. The ultimate destiny of every one of us is to reunite with God, and our progress toward this goal is a cumulative result of our spiritual striving in this and past lives. It is encouraging to know that Paramahansa

Yogananda and the other Self-Realization Fellowship Gurus have stated that with sufficient effort God-realization can be attained in one lifetime — through right practice of the SRF meditation techniques, applying spiritual principles in our lives, and unconditional love for God.

Q: *How can I know if I am making spiritual progress?*

Spiritual development is a gradual process. The surest signs are the positive changes that take place within us: an increasing sense of well-being and security, calmness, joy, deeper understanding, release from bad habits, and a growing love and desire for God.

Paramahansa Yogananda said that perseverance is the whole magic of spiritual success. Sometimes those who are making the greatest progress have few or no spiritual experiences as "evidence." In fact, it is often when we are steadfastly making spiritual effort and courageously facing life's daily challenges that we are making the greatest progress — even if we are not aware of a tangible response from God. True advancement is reflected more in our day-to-day conduct, thoughts, and actions than in visions or other experiences. You will see that as you do your best to follow the guidance given in the Self-Realization teachings the results will come, through the grace of God and the Gurus.

Remember also that love is the one gift that God is seeking from us all. Just as in an ideal human relationship each one sets aside thoughts of self-gain and focuses on giving, so also in our relationship with God. The more we give our love to Him, not looking for results, the more we will feel His sweet response. "To those who give themselves to Him," said Paramahansaji, "God gives Himself."

Q: *What is the meaning of a particular spiritual experience?*

On the path to God, various uplifting experiences may come to encourage seekers on their way. A true spiritual experience carries with it a deep sense of peace and calmness, changes one for the better, and draws one closer to the Divine. If God gives an experience that has a specific or guiding message, He will also provide the understanding of its import. We at the Mother Center are always glad to hear how students are progressing with meditation and to give guidance on their

practice of the techniques, but we do not in general interpret or analyze experiences. (This would apply also to dreams, which Paramahansaji explained are usually significant only in that they portray the general state of one's consciousness — peaceful, restless, devotional, etc.)

When one deeply practices the SRF meditation techniques, definite results will come in time. Certain experiences are universal on the spiritual path, and these are explained in detail in the *Lessons*. They include greater interiorization and stillness, a sense of peace and expansion, hearing the cosmic sound of *Aum,* or seeing the light of the spiritual eye.* Most importantly, in deep communion with God, one feels an increasing awareness of His presence and a sense of joy, inner security, and love that springs from one's personal relationship with Him.

It is good to be aware that to focus on or look for phenomena of any sort can become a distraction from reaching deeper levels of God-communion; be satisfied with nothing less than the goal — the Lord Himself. In his *Autobiography of a Yogi,* Paramahansa Yogananda recalls the inspiring words of his Guru about the divine fulfillment that awaits persistent seekers: *"Ever-new Joy is God.* He is inexhaustible; as you continue your meditations during the years, He will beguile you with an infinite ingenuity. Devotees like yourself who have found the way to God never dream of exchanging Him for any other happiness; He is seductive beyond thought of competition."

Q: *If I am not getting the results mentioned in the* Lessons *on the techniques, am I not getting any benefit from them?*

By no means! God watches the heart. In His eyes, effort is progress. If you are steady and devoted, you can be certain that subtle inner changes are taking place within your deepest consciousness. The yoga methods are scientific, and when practiced regularly and correctly, will bring soul-unfoldment. Just as one gladly puts forth great effort in order to fulfill some material ambition, so the spiritual seeker finds joy in patiently striving for the highest attainment: realization of God. When you have Him, you will have all else. If you persevere in your practice of these teachings, you will find Him manifesting in your life more and more.

* Described in *Lesson 3-A.*

Q: *Do the Self-Realization Fellowship teachings include practice of* Hatha Yoga *postures?*

While the *Lessons* do not include instruction in the *asanas,* or postures, of *Hatha Yoga,* Paramahansa Yogananda encouraged their practice as very beneficial for those who are supple enough to perform them comfortably. If one wishes, they may be practiced in addition to the Energization Exercises and the meditation techniques he taught, but they are not essential to the SRF path. As he explains in his talks and writings, the Self-Realization Fellowship teachings are based on *Raja Yoga*—the royal or highest branch of yoga—which is mainly the practice of scientific techniques for calming the mental and physical processes so that one's consciousness, freed from limitations, can realize the bliss and omnipresence of God.

Q: *I do not understand what is meant in the* Lessons *by...*

As you begin the *Lessons,* you may be introduced to some unfamiliar concepts, whose full meaning may not initially be clear to you. You will find, however, that your continuing study and practice will bring greater understanding. Also, many topics touched on briefly in early *Lessons* are covered in more detail later in the series, or in Paramahansaji's books; his writings include comprehensive discussions of virtually every subject related to the spiritual path. (For explanations of specific terms, you may find it helpful to refer to the glossaries and indexes of his books.)

Our spiritual counselors will be happy to help you with any questions specifically related to your practice of the Self-Realization techniques and day-to-day application of the teachings. But most of all, as you meditate and absorb these divine truths, a greater insight will gradually unfold from within. Too much emphasis on merely intellectual inquiry can detract from spiritual progress. The answers that will truly satisfy your thirst for truth come from the soul. So if a specific point is not clear to you at first, give yourself time. Lay it before God on the altar of your meditation; after you have attained a calm state through your practice, ask for the understanding you need. Through meditation, the omniscient soul-faculty of intuition awakens—and one

perceives truth with a knowing that is beyond the limits of the intellect. As Paramahansaji said, "Seek God, the library of all knowledge, and anything you want to know will be intuitively revealed to you."

Q: *What services and events does Self-Realization Fellowship offer for students and others who are interested in Paramahansa Yogananda's teachings?*

Temples, Centers, and Meditation Groups

A strengthening and uplifting part of the spiritual search is sharing in divine fellowship with other seekers of God. Many Self-Realization Fellowship students have found it very helpful to join together for meditation and other spiritual events, to deepen their communion with God and to pray for others. We warmly invite you to visit our temples, centers, and meditation groups—located in the United States and many countries around the world—for inspirational services, group meditations, and special prayer and healing services. These events are open to all students, and you are also welcome to invite any friends who wish to learn more about our teachings. Please write, call, or fax us for information about the temple, center, or meditation group nearest you. You can also visit our website, www.yogananda-srf.org, for an international directory of temples, centers, and meditation groups.

Lecture Tours and Retreats

Every year monastics* from Self-Realization Fellowship visit cities worldwide to give talks on Paramahansa Yogananda's teachings (including detailed review of the techniques), to conduct weekend retreats, and to provide individual counseling. You will be notified whenever any lecture tours or retreats are scheduled for your area.

In addition to the regional retreats conducted during these visits, we also have programs available year-round at the Self-Realization Fellowship Retreats. Here, in peaceful and inspiring settings, one can devote time to meditation, study, and spiritual renewal. (Please visit the Retreats page of our website, www.yogananda-srf.org, found under the "Centers and Programs" tab for more information.)

* Monks and nuns of the Self-Realization Fellowship Order, who have devoted their lives to seeking God through Paramahansa Yogananda's teachings and serving his worldwide work.

Convocation

Each summer we hold our annual Convocation in Los Angeles, which is attended by students from around the world. This one-week program includes inspirational classes and meditations, pilgrimages to the ashram centers founded by Paramahansaji, and many other spiritual activities. Personal counsel for practice of the SRF teachings is also available. Information about the Convocation can be found on our website, www.yogananda-srf.org, under the "Centers and Programs" tab. You will also receive notification about registration each year several months in advance.

Counseling and Correspondence

Monastics trained for many years in the Self-Realization Fellowship teachings serve as spiritual counselors and are happy to provide guidance—by phone, letter, or in person—to help students deepen their practice of the techniques and way of life taught by Paramahansa Yogananda.*

Publications and Audio/Video Recordings

Most students of the Lessons find it very helpful to supplement their study with the books and recordings we publish, which provide valuable guidance on many subjects related to meditation and the spiritual life. Our catalog gives a complete list of our publications, including books by Paramahansa Yogananda and his close disciples (in English and other languages), audio and video recordings, and other items. You may find of special interest the anthologies of Paramahansaji's talks and writings, and our Collector's Series of his rare recorded talks.

In addition, previously unpublished talks by Paramahansaji, as well as by Sri Daya Mata, president of SRF until her passing in 2010, and by SRF's current president, Sri Mrinalini Mata, are regularly featured in our quarterly magazine, *Self-Realization*. The magazine also provides news and photos of current SRF activities around the world,

* As spiritual counselors, we do not give medical, psychological, or marital advice, but recommend seeking the assistance of professionals in these fields. Neither do we evaluate or comment on other religious or metaphysical teachings. Our efforts are focused on following Paramahansaji's spiritual path and offering guidance to those who wish to make his teachings a part of their lives.

archival photographs of Yogananda, and inspiring articles on a wide range of subjects from a spiritual perspective.

Worldwide Prayer Circle

A vital part of our service is the work of our Worldwide Prayer Circle, which offers prayers for all in need of spiritual, mental, and physical healing, and for greater peace and harmony throughout the world. Wherever they reside, students of the *Lessons*, and any others who wish to participate, are invited to join the monks and nuns in our SRF ashrams, who pray daily for those in need, practicing the healing technique taught by Paramahansa Yogananda. This technique is described in our *Worldwide Prayer Circle* booklet, which is sent to all students shortly after their enrollment. You are also welcome at any time to request prayers for yourself and others through the portal on our website, www.yogananda-srf.org, found under the "Spiritual Living" tab. Over the years, we have received many testimonies to the divine response to such requests for spiritual help and healing.

Internet Resources

Our website is located at www.yogananda-srf.org. There you can request prayers and will find updated information about our various services, including schedules of lecture tours and regional retreats; news about recent publications; an international directory of temples, centers, and meditation groups; and excerpts from Paramahansa Yogananda's writings and ministers' talks. Our website also provides a convenient way to sign up for digital mailings, update your contact information, or email us. Our use of this global medium is continuously expanding to provide more information and services.

How To Contact Us

If you have questions about your *SRF Lessons* subscription, the SRF Convocation, or other non-counseling matters, our Membership Services staff would be happy to serve you. They can be reached by phoning (818) 549-5151 or through the "Email Us" portal on our website at https://members.yogananda-srf.org/EmailUs/. Any questions you have regarding your practice of the SRF teachings, and any other requests you have, can be addressed to the Mother Center. Please contact us by phone: (323) 225-2471, fax: (323) 225-5088, or letter: 3880 San Rafael Avenue, Los Angeles, CA 90065-3219, U.S.A.

Regarding SRF books and recordings, you are welcome to place orders for SRF publications through our online bookstore at: bookstore.yogananda-srf.org. Or you may call (818) 549-5151, or fax (800) 801-1952 (for U.S. and Canada residents) and (818) 549-5100 (for residents outside the U.S. and Canada).

Q: *How can I introduce my children to the Self-Realization teachings?*

Paramahansa Yogananda emphasized that the greatest influence upon children's lives is the love, understanding, and guidance they receive at home. It is through your own example of living a spiritual life that you will do the most to inspire your children to seek and love God. You may wish to begin by sharing stories from the Self-Realization Fellowship teachings—such as those in the *Lessons*, *Autobiography of a Yogi*, *"Mejda,"* and our other books. Parents can translate these into terms children will understand, weaving in moral precepts and examples that will guide them toward right attitude and action. Youngsters most easily comprehend and follow the simple illustrations and examples given in stories. The high moral and religious ideals that are so much a part of India's spiritual heritage are founded upon this kind of education of children.

Your children will also feel closer to God when you share with them something of your own relationship with Him, helping them to feel that He is eternally their friend, to whom they can turn at any time. You may want to lead them in simple prayers, such as those given by Paramahansa Yogananda in the section "Children's Prayers" in his book *Whispers from Eternity*. And little children from three years on who show an interest can be taught the general principles of meditation, such as correct posture, sitting quietly, chanting, and inwardly conversing with God in prayer. Your child may wish to join you briefly in a meditation. In this way a child can develop the habit of meditating as something that is relaxing and enjoyable. For very young children, about a minute is often enough. Older children could join for as long as they feel comfortable. It is best to increase the time only as their interest and capacity grow.

Even young children may respond positively to the Energization Exercises taught in *Lesson 8-A*. Depending on their age and how much they can understand, you can explain to them the purpose of

the exercises. And then they can practice them with you, learning a few at a time, if they wish.

While presenting Paramahansaji's teachings to your children in a way that they can understand and relate to, you will also want to allow their souls to unfold naturally. It is important, for example, that they do not feel forced to take up spiritual studies and practices. Instead, it is better if they themselves express an interest—so that it is out of their own hearts' inclination that they seek to know God and make Him a part of their lives. You will find helpful guidance on the spiritual training of children in "The Skilled Profession of Child-Rearing," by our late president, Sri Daya Mata (published in the anthology of her talks entitled *Finding the Joy Within You* and also as one of our series of "How-to-Live" booklets).

Though the *Lessons* are not written for young children and would be too difficult for them to understand, older children may wish to read them. We ask that the Mother Center always be informed when children are sharing their parents' *Lessons,* and that those over 12 years old fill out an application form for our records.

Additionally, if your children would like to learn the specific Self-Realization Fellowship energization and meditation techniques, you are welcome to contact the Mother Center for permission to share these *Lessons* with them, when they have reached the ages listed below:

Technique	***Minimum age***
Energization Exercises	Parents' discretion
Hong-Sau Technique of Concentration	10 years
Aum Technique of Meditation	13 years

Children, as well as adults, should receive these techniques with the understanding that this instruction is a sacred trust and is given for their personal use only. Although children cannot share the instructions given in the *Lessons* with others, they are welcome to invite their friends to attend Sunday School or Teen Group with them to learn more about SRF.

Young people who are at least 15 years old and are interested in receiving Kriya Yoga would need to fulfill the special requirements for Kriya Initiation. They are welcome to apply by sending a personal

report questionnaire and Kriya Yoga Pledge to the Mother Center.

In addition, we are glad to provide the following programs for children, based on Paramahansa Yogananda's spiritual and educational ideals:

- Sunday school classes and teen programs—held in all SRF temples and many centers and meditation groups, for children from ages 3 to 12 and teens age 13 to 18. Please contact an SRF temple or meditation center or group in your area for more information.
- "How-to-Live" Summer Youth Programs—annual weeklong programs for children ages 10–16, including periods of meditation, spiritual instruction, creative projects, and outdoor activities, held in a setting of natural beauty in southern California.

For more information about the SRF "How-to-Live" Summer Youth Programs and additional information and brochures about the spiritual guidance of children, you may contact our Youth Services Department at the SRF International Headquarters in Los Angeles at (818) 549-5160, or email youthservices@yogananda-srf.org. You are also welcome to visit our website, www.yogananda-srf.org, under the "Center and Programs" tab, for more information on our programs for youth.

Q: *How may I best interest my family or friends in the Self-Realization teachings?*

If friends or family members wish to learn more about these teachings, you may want to suggest that they read one of Paramahansa Yogananda's books. We especially recommend his *Autobiography of a Yogi,* which gives a comprehensive introduction to the science of yoga, and to his life and work. If they would like to pursue a deeper study, they are welcome to contact us directly for information about the *SRF Lessons.*

Naturally it is important to respect the opinions and choices of those whose interests may lie in a different direction. Every soul's relationship with God is unique, and each one needs to find and follow the path best suited to his or her temperament and spiritual needs. If you yourself seek to love and serve God, and to reflect divine qualities in all your activities and relationships, then your own example of spiritual living will encourage others also to seek Him.

Q: *I have heard that one needs to have a living guru in order to progress spiritually. Is this true?*

Although today the word *guru* is commonly used to refer simply to a teacher or instructor, Paramahansa Yogananda taught that a true spiritual guru is one who is fully God-realized. Having himself reached the goal of all spiritual striving—complete union with God—the guru is able to guide others on their path to that divine union and is ordained by God to carry out this role. "All true gurus are 'living,'" Paramahansaji explained, "whether in a physical body or not. Their consciousness is attuned to their disciples, whether or not all are living on the same plane. One of the essential qualities and manifestations of a true guru is omnipresence."

Thus we do not need to be in the guru's physical presence in order to receive his guidance and blessings. His help is given primarily on a spiritual level, and the friendship he offers to his disciples is without limit or condition. It is through our own attunement developed through meditation that we become receptive to his guiding presence and love, silently aiding us to overcome obstacles, deepen our understanding, and grow in inner strength and wisdom. Beautiful examples of this divine relationship with the guru can be seen in the lives of many saints, such as St. Francis of Assisi, who saw and communed with Jesus Christ centuries after Christ's passing.

Paramahansa Yogananda himself continues to help and bless all who turn to him for spiritual guidance. Students of his teachings who choose to receive Kriya Yoga initiation formally enter the eternal guru-disciple relationship with him and the other Self-Realization Fellowship Gurus. Paramahansaji once said, in describing this sacred relationship, "Those who have come to Self-Realization Fellowship truly seeking inward spiritual help shall receive what they seek from God. Whether they come while I am in the body, or afterward, the power of God through the link of the SRF Gurus shall flow into the devotees just the same, and shall be the cause of their salvation."

For a deeper understanding of the nature of a true guru we would encourage you to read *The Guru-Disciple Relationship* by our president, Sri Mrinalini Mata (published as one of our series of "How-to Live" Booklets).

Q: *Did anyone succeed Paramahansa Yogananda in the line of SRF Gurus?*

Before his passing, Paramahansa Yogananda stated it was God's wish that he be the last in the Self-Realization Fellowship line of gurus. "When I am gone," he said, "the teachings will be the guru....Through the teachings you will be in tune with me and the great Gurus who sent me." Therefore no later disciple will ever assume the role or title of a guru succeeding Paramahansa Yogananda. This divine ordinance is not unique in religious history. After the passing of Guru Nanak, the great saint who founded the Sikh religion in India, there was the usual succession of gurus. The tenth guru in the line announced he was to be the last of that line of gurus, and henceforth the teachings were to be considered the guru.

Paramahansaji gave the assurance that he would continue to work through the society he founded, Self-Realization Fellowship/Yogoda Satsanga Society of India. "There will always be at the head of this organization men and women of realization," he said. "They are already known to God and the Gurus. They shall serve as my spiritual successor and representative in all spiritual and organizational matters."

The current president of SRF/YSS is Sri Mrinalini Mata, one of Paramahansa Yogananda's close disciples, who serves as his spiritual successor and was personally trained by the Guru himself. She assumed the role of president in 2011, after the passing in 2010 of longtime president Sri Daya Mata, and continues to faithfully carry out his wishes and ideals for the dissemination of his teachings worldwide.

You are welcome to visit the Lineage and Leadership page of our website, www.yogananda-srf.org, found under the "About SRF" tab, for more information about the history of SRF presidents who succeeded Paramahansa Yogananda after his *mahasamadhi* in 1952.

Q: *May I also continue other spiritual studies and techniques while practicing those of Self-Realization Fellowship?*

Paramahansa Yogananda welcomed those of every faith as students of his teachings. He explained that the results of practicing the scientific methods of yoga he taught come not from accepting a particular belief

system, but from direct personal experience of God. He did caution, however, that combining spiritual techniques of different paths produces diluted results. Steadfastly following a single path and applying its prescribed methods will take you most quickly to your Divine Goal.

Once you receive the *Hong-Sau* and *Aum* Techniques taught in the *Lessons*, we recommend that you concentrate on them (rather than concurrently using techniques of other paths) in order to reap the highest results from your practice. As proven by the great Masters of this path, the Self-Realization methods are sufficient in themselves to give the realization of God. Concentrating single-pointedly on the SRF techniques helps one to avoid confusion, and also allows one to realize more completely the value of these teachings in one's life. (We especially advise that *Lessons* students not engage in practices that involve putting the mind in a passive state, as is done in trance channeling, spiritualism, and hypnotism.* If one intends to continue with such practices, it would be better not to try also to follow the Self-Realization Fellowship teachings.)

Students who are already following a given faith—attending church or temple services with other family members, for example, may of course continue to participate in such forms of worship if they wish. Many persons of different religions have found great benefit, and enhancement of their own faith, by practicing the methods given in the *Lessons*. (Those students who wish to dedicate themselves wholly to the Self-Realization Fellowship path and enter into the guru-disciple relationship with Paramahansa Yogananda may formally take this step by receiving Kriya Yoga, after fulfilling the requirements for this sacred initiation. See question below regarding the significance of Kriya Yoga.)

Q: When may I apply for Kriya Yoga?

As mentioned previously, Kriya Yoga is the spiritual initiation that establishes the guru-disciple relationship between Paramahansa Yogananda and the SRF student. After you have completed the first two steps of the *SRF Lessons* (through #52), you will receive an invitation to apply for Kriya. A special series of *Lessons* provides instruction

* This does not refer to the medical use of hypnotism, under the guidance of a responsible, licensed physician or psychologist.

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in the Kriya Yoga technique, and Kriya initiation ceremonies are held periodically at the Mother Center and in cities throughout the world during tours conducted by our ministers.

Because of his loving concern for all future disciples who would make this sacred commitment, Paramahansaji left specific instructions to ensure that each student would receive the greatest blessing from this technique. He asked that students complete the first two steps of the *Lessons* (approximately one year of study), and practice regularly and correctly for at least six months the basic techniques taught during this first year—the Energization Exercises, and the *Hong-Sau* and *Aum* Techniques. These are an integral part of the science of Kriya Yoga, and their practice helps to prepare the student for the advanced method of Kriya itself. The preliminary period of study and practice also gives the opportunity to deepen one's understanding of Paramahansaji's teachings, and to determine if one desires to accept the spiritual responsibilities of the sacred guru-disciple relationship.

In addition to the specific requirements regarding study and practice of the teachings mentioned above, there needs to be an inner readiness and motivation to make that spiritual commitment. While disciples who receive Kriya continue to honor the divine light of truth which shines on all true religious paths, in their own spiritual search they have reached the point where they feel a deep assurance that in the Guru's teachings they have all they need in order to find God. Thus it is natural for them to dedicate their spiritual efforts to following one-pointedly the path the Guru has given. In receiving Kriya Yoga, disciples make a pledge of loyalty to the Guru and to Self-Realization Fellowship, the organization Paramahansa Yogananda founded, as their link with his guidance and blessings.

Paramahansaji came to encourage all sincere souls in their search for God, and students who wish to go on with their study of the *Lessons* without making the deeper commitment that is involved in taking Kriya Yoga can still receive much benefit from his universal teachings.

Each student who applies for Kriya is considered on an individual basis, and if you have questions regarding your eligibility for Kriya Yoga, you are welcome to contact the Mother Center.

Q: I understand there are other teachers also giving Kriya Yoga. Are they connected with Self-Realization Fellowship?

In setting the course for the future of the Self-Realization Fellowship work, Paramahansa Yogananda directed that after his passing the sacred Kriya Technique that he taught should be given on his behalf only by monastic disciples of the SRF Order specifically designated by the president. A number of teachers not affiliated with Self-Realization Fellowship are also including in their work the techniques Paramahansaji taught, among them, Kriya. We are not able to vouch for the activities of others, and leave it to each individual to choose and follow the spiritual path to which he or she feels most deeply drawn.

Those who study with Self-Realization Fellowship can be assured that they are receiving the teachings of Paramahansa Yogananda, including Kriya Yoga, according to the instructions he left with us. He promised that all who received the sacred technique of Kriya through his society would establish a direct and living link with the Gurus of this path. "Implicit in the Self-Realization Fellowship techniques and teachings," he said, "are the help and blessings of the SRF line of Gurus....The ever-living Babaji has promised to guard and guide the progress of all sincere SRF devotees. Lahiri Mahasaya and Sri Yukteswarji, who have left their physical forms, and I myself, even after I have left the body—all will ever protect and direct the sincere members of SRF-YSS."